

New Nutritionist Training Agenda

Category DAY 1: Tuesday, May 15, 2007

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| 8:30-9:00 | | Welcome/Introductions/Travel |
| 9:00-10:30 | I | Welcome to WIC <ul style="list-style-type: none">• WIC's vision, mission, and philosophy• Overview of key WIC policies• Your unique responsibilities• Utilizing nutrition standards in WIC <i>Jacqueline Beard, RD, CD</i> <i>Training Coordinator</i> |
| 10:30-10:45 | | Break |
| 10:45-11:30 | I | Breastfeeding Promotion and Support in the WIC Program <ul style="list-style-type: none">• Your role in breastfeeding promotion• How WA WIC measures up? (breastfeeding data)• What works in WIC clinics <i>Jean O'Leary, MPH, RD</i> |
| 11:30-12:45 | | Lunch |
| 12:45-1:45 | II | Guiding Nutrition Education Year-round <ul style="list-style-type: none">• Learn about state & local objectives• Making your NEP work for you• Practical evaluation that works <i>Jean O'Leary</i> |
| 1:45-2:45 | I | Partnering to Support WIC Families: Medicaid and Children with Special Health Care Needs (CSHCN) <ul style="list-style-type: none">• Inform about CSHCN program and population• Common nutrition problems among CSHCN clients• Intervention strategies• Resources <i>Yuchi Yang, MS, RD</i> <i>CSHCN Nutrition Consultant</i> <i>MAA</i> |

Continuation of Day 1

2:45-3:00

I

WIC/MAA

- Request for Medically Necessary WIC Approved Formulas form and process for WIC/MAA

Dick Court, MS, RD, CD

3:00-3:15

Break

3:15-4:30

I

High Risk Nutrition Services

- Orientation to High Risk criteria
- Review high risk care policies
- Effective use of RD wizard and reports

Margaret Dosland, RD, CD

Training Consultant

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DAY 2: Wednesday, May 16, 2007

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| 8:15-8:30 | | Network/Travel |
| 8:30-10:00 | II | Prenatal Nutrition <ul style="list-style-type: none">• Assessing weight gain• Key prenatal conditions to manage <i>Leanne Burkhalter-Eko, RD, CD</i> <i>Training Consultant</i> |
| 10:00-10:15 | | Break |
| 10:15-12:00 | II | Infant Nutrition <ul style="list-style-type: none">• A thorough formula review• Breastfeeding basics• Understanding feeding cues and building a positive feeding relationship <i>Leanne Burkhalter-Eko</i> |
| 12:00-1:15 | | Lunch/Walk |
| 1:15-3:00 | II | Child Nutrition <ul style="list-style-type: none">• Feeding is parenting• Addressing those challenging feeding issues <i>Leanne Burkhalter-Eko</i> |
| 3:00-3:15 | | Break/Travel |
| 3:15-4:30 | II | Continuation |

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| Thank you for completing your feedback forms |
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Client Centered Approaches

Cat. DAY 3: Thursday, May 18, 2007

8:30- 9:00 **Network/Travel**

9:00-10:15 II **Foundations of Behavior Change**

- Theoretical and research background
- Principles of MI: Spirit, Style, Skills
- Practice: Listening Skills; Open Questions; Reflecting, Summarizing

Marian Johnson, MS, RD
Training Consultant

10:15-10:30 **Break**

10:30-11:30 II **Foundations of Behavior Change cont.**

11:30-12:45 **Lunch**

12:45-2:30 II **Skill Practice**

- Getting started: setting the agenda
- Information exchange
- Options, client choice
- Self Motivational Statements: eliciting Change Talk
- Rolling with Resistance

2:30-2:45 **Break/Travel**

2:45-4:15 II **Skill Practice**

- Exploring ambivalence
- Assessing Readiness, Importance, Confidence
- Pros and Cons Matrix
- Strengthening commitment
- Effective brief intervention: FRAMES

4:15-4:30 **Close/Feedback/Travel**

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| <p>Thank you for completing your feedback forms</p> |
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